



# What's New in Ophthalmology Today?

## Sleep Apnea Linked to Diabetic Retinopathy

Researchers in Oxford, England, reviewed data from 118 men with **Diabetes**. They also studied this group for evidence of **Obstructive Sleep Apnea**. They found that over half (54%) of patients with sleep apnea had diabetic retinopathy. Only a third (31%) of patients without sleep apnea had diabetic retinopathy. They adjusted for other factors including age, glucose control, blood pressure and duration of diabetes. "This was statistically significant." This study was presented at the American Thoracic Society Meeting May 19, 2009 and reported in **Science Daily**. Obstructive sleep apnea symptoms include snoring, periods of stopping breathing (apnea) and daytime sleepiness. "These results suggest an association between obstructive sleep apnea and [diabetic] retinopathy that should be further investigated," said Dr. West lead researcher. ". . . in this study, Obstructive Sleep Apnea had a stronger relationship with retinopathy than did glucose control or high blood pressure." Take home lesson: patients with type 2 Diabetes should consider an evaluation for sleep apnea, which can be successfully treated.

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